



Recipe Name: Broccoli, Ham, & Cheese Pita

File No:

Recipe Adapted From:



Garrett County Public School

**Let's Cook**  
WISCONSIN SCHOOL MEALS ROCK

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 pita	
Serving Utensil: Gloved Hand	
Servings per Pan:	

Ingredients	Weight	Measure
Broccoli, No Salt Added, Frozen, USDA #110473	20½ lbs	100 each
Ham, 97% Fat Free, Cooked, Sliced, USDA #100187 (1.22 oz = 1 oz eq)	8 lbs	
Cheese, American, Processed, Sliced, USDA #100018 (2 slices = 1 oz, 2 slices = 1 oz eq)	6¼ lbs	
Pita Bread, Whole -Grain (> 56 grams/2 oz)		

Procedure
1. Defrost and drain broccoli, dry if possible, chop to uniform pieces, 2. Preheat oven to 350°F 2. Fill each pita with ½ cup of chopped broccoli., 1.22 oz by wt of sliced ham, two slices of cheese. 3. Place stuffed pita pockets on to sheet pans lined with parchment paper. 4. Cover pans with foil. Heat in oven until pits begin to brown and cheese melts, about 10-15 minutes. CCP: Hot hold at 135°F or higher for service.

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 2 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan Size:		
½ cup			Volume:		
S	O	A	Nutrition Analysis Based on Portion Size		
			Calories: 341 kcal		
Fruit:			Saturated Fat (g): 5.62g		
Grains: 2 oz eq			Sodium (mg): 904.67mg		
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
S - starchy O - other A - additional